



Pasta Skillet Dinner

READY IN



30 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 oz ziti uncooked
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 14 oz pasta sauce ()
- ☐ 0.5 cup water
- ☐ 0.5 cup cream sour
- ☐ 4 oz cheddar cheese shredded

Equipment

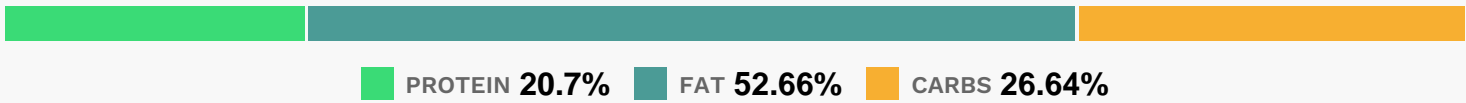
- ☐ bowl

☐ frying pan

Directions

- ☐ Cook pasta as directed on package; drain. Cover to keep warm.
- ☐ Meanwhile, in 10-inch skillet, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain. Stir in pasta sauce and water. Reduce heat to medium; simmer uncovered 5 minutes.
- ☐ Stir in cooked pasta. In small bowl, mix sour cream and cheese. Spoon over pasta mixture. Reduce heat to low; cover and cook 6 to 8 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:16.78, Inflammation Score:-7, Nutrition Score:23.207391225773%

Nutrients (% of daily need)

Calories: 668.5kcal (33.42%), Fat: 38.94g (59.91%), Saturated Fat: 17.23g (107.66%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 41.26g (15%), Sugar: 5.93g (6.59%), Cholesterol: 125.82mg (41.94%), Sodium: 745.07mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.87%), Selenium: 58.05µg (82.92%), Vitamin B12: 2.79µg (46.46%), Zinc: 6.8mg (45.31%), Phosphorus: 451.42mg (45.14%), Vitamin B3: 6.66mg (33.31%), Manganese: 0.58mg (28.92%), Vitamin B6: 0.57mg (28.27%), Calcium: 275.08mg (27.51%), Vitamin B2: 0.44mg (25.61%), Potassium: 769.27mg (21.98%), Iron: 3.86mg (21.46%), Vitamin A: 892.81IU (17.86%), Magnesium: 71.28mg (17.82%), Copper: 0.35mg (17.3%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.3mg (13.03%), Fiber: 3.08g (12.3%), Vitamin B1: 0.13mg (8.75%), Vitamin C: 7.2mg (8.73%), Folate: 33.48µg (8.37%), Vitamin K: 5.98µg (5.7%), Vitamin D: 0.28µg (1.89%)